

MARCH 2014

# Lions Club Park Senior Center

1700-B East Stan Schlueter Loop Killeen, Texas 76542-5485 (254) 501-6399

## HOP TRANSPORTATION:

**1-800-791-9601** or (254) 933-3700

## LIONS CLUB PARK SENIOR CENTER OPEN

8a.m.-4p.m Monday-Friday  
(Open Late on Tuesdays 8a.m.-9:30p.m.)

## LUNCH SERVED: 11:30 a.m. \$2 per person

Advance Lunch Reservations needed by noon the day before  
Catfish Fridays: Advance \$2 lunch ticket must be purchased by noon on Wednesdays

## LIONS CLUB PARK SENIOR CENTER STAFF:

DEBBIE EDWARDS Senior Centers Manager  
SHANNA HAVENS Program Assistant

## SENIOR COUNCIL EXECUTIVE BOARD:

BILL TAYLOR President  
PAUL WIKOFF Vice President  
PAULA JONES Treasurer  
SHIRLEY STEPHENSON Secretary  
PETE HILLIARD Parliamentarian

## AARP TAX COUNSELING FOR SENIORS CONTINUES

AARP Tax Counseling at the Lions Club Park Senior Center is being held every Wednesday and Friday in the center's Meeting Room from 9a.m.-1p.m. The last tax counseling day at the senior center will be Friday, April 11th. Please remember to bring last year's tax return and any tax related forms you've received in the mail. NOTE: Please remember to sign in upon arrival. Participants will be seen in the order in which they signed in.

## CHRONIC DISEASE SELF-MANAGEMENT CLASS with Walter Langford & Norman Sikes Free 6-Week Course Every Tuesday March 11– April 15 1-3:30p.m.

Sick and tired of being sick and tired? Do you have Arthritis, COPD, Asthma, Heart Disease Hypertension or other illnesses? A program developed at Stanford School of Medicine Patient Education Research Center and sponsored by Scott & White Healthcare and the Area Agency on Aging of Central Texas is being offered free of charge at the Lions Club Park Senior Center. Topics discussed include: Managing symptoms, Getting a good night's sleep; Making informed treatment decisions; Dealing with emotions; Problem solving; Exercise and nutrition; Stress management; Talking with you doctor; Medication management; Setting weekly goals...and more. Class size is limited—sign up at the LCPSC reception desk or call 501-6399 to register. Learn techniques of dealing with a chronic illness - Sign up today!

## COVERED DISH LUNCHEON Welcomes INTEGRITY HOME HEALTH on PELVIC FLOOR REHABILITATION WEDNESDAY, MARCH 26th 10:30a.m.

Bring a covered dish (enough for six persons) and come hear this informative presentation on Pelvic Floor Rehabilitation offered through Integrity Home Health. Learn the great progress that has been made to help individuals with incontinence. Guests of members are welcome. March birthdays will be celebrated. If your birthday is in March please be seated at the special birthday table.

## Lions Club Park Senior Center

## PRIMARY ELECTION SITE

- Precinct 206 -  
March 4 (Tue.)  
7a.m.-7p.m.

## Terrell / Lorrie's Appreciation Dinner-Dance March 14 5:30- 9:30p.m.

Get out your party dress or fancy duds and come on out to the special Appreciation Dinner-Dance for Terrell Simmons (aka the Pied Piper) and Lorrie Smith (our health and wellness queen) for a night of pure fun! Mark you calendars for Friday, March 14th beginning with a Covered Dish Supper at 5:30p.m. Bring you most delicious holiday dish (enough for 6 persons please) and \$6 per person. Wonderful volunteers from the Ft. Hood Spouses Club will be assist in serving dinner. Terrell's music will highlight the evening so there will be lots of line dances. All proceeds will be presented, that evening, as a gift to these two wonderful individuals who continue to give so much of their time, talent and heart. Russell from Heights Studio will be set up in the center's Meeting Room to take professional photos for persons wanting a special memory. (Photo packets are \$15 for 2-5x7 & 4 wallets / \$20 for 1 8x10, 2-5x7 & 4 Wallets). Come celebrate with us— A fun evening is in store! Let's make an enchanting evening for two enchanting individuals whose only aim is to make you healthy and happy. Adult guests of members are welcome to this charmed event. :-)

# LIONS CLUB PARK SENIOR CENTER MARCH 2014

## MON. MAR. 3 Chili Mac

9-11am Computer Class w/ Roy (Library)  
9-11:30am Intermediate Line Dancing w/ Lori (Ballroom)  
9:30-11:30am Art Class w/ Ken (Craft Rm 2)  
12pm Canasta (Card Rm)  
12pm MECCA- Ol' Time Music (Craft Rm 2)  
12:30-2pm Busy Bees Scrapbooking & Cardmaking w/ Debbie (Craft Rm 1)  
12:30pm Texas Hold 'Em (Craft Rm 2)  
2-2:30pm Clogging w/ Jean (Meeting Rm)

## TUE. MAR. 4 Curry Chicken

8:30am Chicken Foot (Card Rm)  
9-11am Pottery Class w/ Friends (Craft Rm 1)  
9-10am Exercise with Terrell (Ballroom)  
9-10am TOPS Meeting (Craft Rm 2)  
10:15am Terrell's Swing Class (Ballroom)  
12pm Bridge Tournament (Craft Rm 2)  
12:15pm 8-Ball Pool Tournament (Billiards Rm)  
12:30pm Cribbage (Card Rm)  
1-2pm Wii w/ Marjay & Scotty (Dining Rm)  
5:30-9:30pm DANCE w/ DR. J -Best of the Best—Bring 4\$ & Snack to share

## WED. MAR. 5 Tuna Casserole

8am Walking @ Killeen Mall  
9am "42" (Card Rm)  
9am-1pm AARP Tax Counseling for Srs.(Meeting Rm)- See front page  
9-11am Computer Class w/ Roy (Library)  
10-11am Bible Study (Craft Rm 1)  
10-11am Blood Pressure Ck. w/1st Atlantic Home Health  
10-11am Circuit Training w/Lorrie-\*LCP Family Rec.Ctr. Bring membership card  
10:30am Scrabble (Card Rm)  
12pm Train (Card Rm)  
12:30pm Texas Hold 'Em (Card Rm)  
1-3:30pm(3rdSession) Diabetes Self-Management Course (Meet. Rm)See article

## THU. MAR. 6 Breakfast for

8:30am Spinner Domino (Card Rm)  
9:30am Pinochle Lessons w/ Rod  
9-11am Pottery with Larry (Craft Rm 1)  
10am Sit & Be Fit with Lorrie (Ballroom)  
12:30pm Bid-Whist (Card Rm)  
12:30pm Knitting & Crocheting (Craft Rm 2)  
12pm Pinochle Tournament (Meeting Rm)  
12-2pm Pottery with Larry (Craft Rm 1)  
12:30-1:45pm Beginners Line Dancing Class w/ Athalie (Ballroom)  
1:45-3pm Line Dancing w/ Athalie (Ballroom)  
2-3pm Yoga w/ Brigitte @ LCP Family Recreation Center  
3-4pm Tai Chi w/ Brigitte @ LCP Family Recreation Center

## FRI. MAR. 7 Catfish \*Ticket

8am Walking @ Killeen Mall  
8-9am Exercise Equipment Orientation w/ Lorrie (Ex. Rm)  
9-1pm AARP Tax Counseling for Srs. (Meeting Rm) See front page article  
9am Domino (Card Rm)  
9-10am Circuit Training (Ballroom)  
10-11:30am International Dominoes (Card Rm) New Activity!  
10-10:30am Zumba w/ Lorrie (Ballroom)  
10:30-11:30am Learn to Read Music & Play Electronic MIDI Keyboard—Craft Rm 2  
12:15pm Spades (Card Rm)  
12:15pm 9-Ball Pool Tournament (Billiards Rm)  
12:30pm Bid-Whist (Card Rm)  
1-3pm Line Dance Workshop w/ Paul (Ballroom)

## MON. MAR. 10 Chicken Pot Pie

8-9am LCPSC Breakfast—Only \$1  
9-11am Computer Class w/ Roy (Library)  
9-11:30am Intermediate Line Dancing w/ Lori (Ballroom)  
9:30-2pm AARP Smart Driver Course (Meeting Rm) See article  
9:30-11:30am Art Class w/ Ken (Craft Rm 2)  
12pm Canasta (Card Rm)  
12pm MECCA- Ol' Time Music (Meeting Rm)  
12:30-2pm Busy Bees Scrapbooking & Cardmaking w/ Debbie(Craft Rm 1)  
12:30pm Texas Hold 'Em (Craft Rm 2)  
2-2:30pm Clogging w/ Jean (Meeting Rm)

## TUE. MAR. 11 Smothered Chicken

8:30am Chicken Foot (Card Rm)  
9-11am Pottery with Friends (Craft Rm 1)  
9-10am TOPS Meeting (Craft Rm 2)  
10-12pm Blood Pressure/Glucose Check w/ HEB (Foyer)  
10:15am Terrell's Swing Class (Ballroom)  
12pm Bridge (Craft Rm 2)  
12:15pm 8-Ball Pool Tournament (Billiards Rm)  
12:30pm Genealogy (Craft Rm 2)  
12:30pm Cribbage Tournament (Card Rm)  
1-3:30pm Chronic Disease Self-Management Course #1 (Meeting Rm) See article  
1-2pm Wii w/ Marjay & Scotty (Dining Rm)  
6:30-9:30pm DANCE w/ Walter Schupp—Best of Country Bring \$4 & snack

## WED. MAR. 12 Beef Stew, Cornbread

8am Walking @ Killeen Mall  
9am "42" Tournament(Card Rm)  
9-11am Computer Class w/ Roy (Library)  
9-1pm AARP Tax Counseling for Srs. (Meeting Rm) See front page article  
10-11:15am Blood Pressure Check w/ Guardian Home Health (Foyer)  
10-11am Bible Study  
10-11am Circuit Training w/Lorrie-\*LCP Family Rec.Ctr. Bring membership card  
10:30am Scrabble (Game Rm)  
12pm Train Tournament (Card Rm)  
12:30pm Senior Council Meeting @ Bob Gilmore Center  
12:30pm Texas Hold 'Em (Card Rm)

## THU. MAR. 13 Pork Chop & Rice

8:30am Spinner Domino Tournament (Card Rm)  
9-11am Pottery with Friends (Craft Rm 1)  
9:30am Pinochle Lessons w/ Rod  
10am Sit & Be Fit  
10am Blood Pressure Check w/ Guardian Home Health (Foyer)  
12pm Pinochle (Meeting Rm)  
12:30pm Bid-Whist (Card Rm)  
12:30pm Knitting & Crocheting (Craft Rm 2) Beginners welcome!  
12:30-1:45pm Beginner's Line Dancing Class w/ Athalie (Ballroom)  
1:45-3pm Line Dancing w/ Athalie (Ballroom)  
2pm Yoga w/ Brigitte—@ LCP Family Recreation Center  
3pm Tai Chi w/ Brigitte—@ LCP Family Recreation Center

## FRI. MAR. 14 Catfish \*Ticket

8am Walking @ Killeen Mall  
8-9am Exercise Equipment Orientation w/ Lorrie (Exercise Rm)  
9-1pm AARP Tax Counseling for Srs. (Meeting Rm) See front page article  
9am Domino Tournament (Card Rm)  
9-10am Circuit Training (Ballroom)  
10-11:30am International Dominoes (Card Rm) New Activity!  
10-10:30am Zumba w/ Lorrie (Ballroom)  
10:30-11:30am Learn to Read Music & Play Electronic MIDI Keyboard—Craft Rm 2  
12:15pm Spades Tournament (Card Rm)  
12:15pm 9-Ball Pool Tournament (Billiards Rm)  
12:30pm Bid-Whist (Card Rm)  
1-3pm Line Dance Workshop w/ Paul (Ballroom)  
5:30-9:30pm. Terrell & Lorrie's Appreciation Dinner-Dance- See front page

## LCPSC's MARCH EVENING DANCE SCHEDULE

**ADMISSION \$4 pp TUESDAYS 6:30-9:30p.m.**

Please bring snack to share / Adult guests of members welcome

**MARCH 4 DR. J - BEST OF THE BEST**

**MARCH 11 WALTER SCHUPP - BEST OF COUNTRY**

**MARCH 18 ROGER CRAGER - KARAOKE, OLDIES & COUNTRY**

**MARCH 25 PAUL WIKOFF - BEST OF COUNTRY**

ACTIVITIES & MENUS

MON. MAR. 17 Corned Beef & Cabbage	9-11am	Computer Class w/ Roy (Library)
	9-11:30am	Intermediate Line Dancing w/ Lori (Ballroom)
	9:30-11:30am	Art Class w/ Ken (Craft Rm 2)
	10:30-11:30am	<b>St. Patrick's Day Celebration</b> —(Ballroom) <i>Wear Green!</i>
	12pm	Canasta (Card Rm)
	12pm	MECCA- Ol' Time Music (Meeting Rm)
	12:30pm	Busy Bees Scrapbooking & Cardmaking Class w/ Debbie (Craft Rm 1)
TUE. MAR. 18 BBQ Chicken	12:30pm	Texas Hold 'Em (Craft Rm 2)
	2-2:30pm	Clogging w/ Jean (Meeting Rm)
	8:30am	<b>Chicken Foot Tournament</b> (Card Rm)
	9-11am	Pottery with Friends (Craft Rm 1)
	9-10am	Exercise with Terrell (Ballroom)
	9-10am	TOPS Meeting (Craft Rm 2)
	10:15am	Terrell's Swing Class (Ballroom)
WED. MAR. 19 Spaghetti	12pm	Bridge (Craft Rm 2)
	12:15pm	<b>8-Ball Pool Tournament</b> (Billiards Rm)
	12:30pm	Cribbage (Card Rm)
	1-3:30pm	<b>Chronic Disease Self-Management Course #2</b> (Meeting Rm)
	1-2pm	Wii w/ Marjay & Scotty (Dining Rm)
	6:30-9:30pm	<b>DANCE w/ Roger</b> —Karaoke, Oldies & Country <i>*Bring snack to share</i>
	9-1pm	<b>AARP Tax Counseling for Srs.</b> (Meeting Rm) <i>See front page article</i>
THU. MAR.. 20 Bratwurst & Sauerkraut	9-11am	Computer Class w/ Roy (Library)
	9am	"42" (Card Rm)
	10-11am	Bible Study (Meeting Rm)
	10-11am	<b>Circuit Training</b> w/Lorrie—*LCP Family Rec.Ctr. <i>Bring membership card</i>
	10:30am	Scrabble (Game Rm)
	12pm	Train (Card Rm)
	12:30pm	<b>Texas Hold 'Em Tournament</b> (Craft Rm 2)
FRI. MAR. 21 Catfish *Ticket	5pm	<b>Dining with Friends at The Acropolis Restaurant</b> in Harker Heights
	8:30am	Spinner Domino (Card Rm)
	9:30am	Pinochle Lessons w/ Rod
	9-11am	<b>Pottery with Larry</b> (Craft Rm 1)
	10am	Sit & Be Fit w/ Lorrie
	12-2pm	<b>Pottery with Larry</b> (Craft Room 1)
	12:30pm	<b>MOVIE DAY</b> —Featured video: <u>The Lone Ranger</u>
MON. MAR. 24 Broccoli, Cheese Casserole	12:30pm	Bid-Whist (Card Rm)
	12:30pm	Knitting & Crocheting (Craft Rm 2)
	12pm	Pinochle (Meeting Rm)
	12:30-1:45pm	Beginners Line Dancing Class w/ Athalie (Ballroom)
	1:45-3pm	Line Dancing w/ Athalie (Ballroom)
	2-3pm	Yoga w/ Brigitte @ LCP Family Recreation Center
	3-4pm	Tai Chi w/ Brigitte @ LCP Family Recreation Center
FRI. MAR. 21 Catfish *Ticket	8am	Walking @ Killeen Mall
	8-9am	<b>Exercise Equipment Orientation</b> w/ Lorrie (Exercise Rm)
	9-1pm	<b>AARP Tax Counseling for Srs.</b> (Meeting Rm) <i>See front page article</i>
	9-11am	<b>Introduction to Medicare</b> w/ Cathy Shibley, Area Agency on Aging Benefits Counselor
	9am	Domino (Card Room)
	9-10am	Circuit Training (Ballroom)
	10-11:30am	<b>International Dominoes (Card Rm)</b> <i>New Activity!</i>
MON. MAR. 24 Broccoli, Cheese Casserole	10-10:30am	Zumba w/ Lorrie (Ballroom )
	10:30-11:30am	Learn to Read Music & Play Electronic Midi Keyboard (Craft Rm 2)
	12:15pm	Spades (Card Rm)
	12:15pm	<b>9-Ball Pool Tournament</b> (Billiards Rm)
	1-3pm	Line Dance Workshop w/ Paul (Ballroom)
	2-3pm TX:	<b>The State of Water</b> w/ Richard McCarthy. <i>Naturalist</i> —(Meeting Rm) <i>See article</i>
	9-11am	Computer Class w/ Roy (Library)
MON. MAR. 24 Broccoli, Cheese Casserole	9-11:30am	Intermediate Line Dancing w/ Lori (Ballroom)
	9:30-11:30am	Art Class w/ Ken (Craft Rm 2)
	12-1pm	<b>SELF DEFENSE FOR SENIORS</b> w/ Zachary Clements <i>See article</i>
	12pm	<b>Canasta Tournament</b> (Card Rm)
	12pm	MECCA- Ol' Time Music (Meeting Rm)
	12:30pm	Busy Bees Scrapbooking & Cardmaking Class w/ Debbie (Craft Rm 1)
	12:30pm	Texas Hold 'Em (Craft Rm 2)
MON. MAR. 24 Broccoli, Cheese Casserole	2-2:30pm	Clogging w/ Jean (Meeting Rm)
	2-2:30pm	Clogging w/ Jean (Meeting Rm)

TUE. MAR. 25 King Ranch	8:30am	Chicken Foot (Card Rm)
	9-11am	Pottery with Friends (Craft Rm 1)
	9-10am	Exercise with Terrell (Ballroom)
	9-10am	TOPS Meeting (Meeting Rm)
	10-12pm	Blood Pressure/Glucose Check w/ HEB (Foyer)
	10:15am	Terrell's Swing Class (Ballroom)
	12pm	Bridge (Craft Rm 2)
WED. MAR.26 Covered Dish Luncheon	12:15pm	<b>8-Ball Pool Tournament</b> (Billiards Rm)
	12:30pm	Cribbage (Card Rm)
	1-3:30pm	<b>Chronic Disease Self-Management Course #3</b> (Meeting Rm)
	1-2pm	Wii w/ Marjay & Scotty (Dining Rm)
	6:30-9:30pm	<b>DANCE w/ Paul Wikoff</b> —Best of Country <i>Bring \$4 &amp; snack</i>
	8am	Walking @ Killeen Mall
	9-1pm	<b>AARP Tax Counseling for Srs.</b> (Meeting Rm) <i>See front page article</i>
THU. MAR. 27 Soup & Ham Sandwich	9am	"42" (Card Rm)
	9-11am	Computer Class w/ Roy (Library)
	10-11:30am	<b>Blood Pressure Ck.</b> w/Guardian Home Health- (Foyer)
	10-11am	Bible Study (Meeting Rm)
	10-11am	<b>Circuit Training</b> w/ Lorrie—*LCP Family Rec.Ctr. <i>Bring membership card</i>
	10:30am	<b>Covered Dish Luncheon &amp; March Birthday Celebration</b>
	Bring dish or \$5pp	Guest Spkr: Integrity Rehab & Home Health on <u>Pelvic Floor Rehab</u>
FRI. MAR. 28 Catfish *Ticket	10:30am	Scrabble (Game Rm)
	12pm	Train (Card Rm)
	12:30pm	<b>Texas Hold 'Em Tournament</b> (Craft Rm 2)
	1-3:30pm (Final Session)	<b>Diabetes Self-Mgmt Course</b> (Meeting Rm) <i>See article</i>
	5pm	<b>Dining with Friends @ The Acropolis Restaurant</b> - <i>See article</i>
	8:30am	Spinner Domino (Card Rm)
	9-11am	Pottery with Friends (Craft Rm 1)
MON. MAR. 31 Taco Soup & Cornbread	9:30am	Pinochle Lessons w/ Rod
	10am	Sit & Be Fit
	10-11:30am	<b>Mourning Glories</b> (Grief Group)
	10:30am	<b>Vicki Sautler, RN,CNC</b> w/Home Care of Metroplex
	12:30pm	Bid-Whist (Card Rm)
	12:30pm	Knitting & Crocheting (Craft Rm 2)
	12pm	Pinochle (Meeting Rm)
FRI. MAR. 28 Catfish *Ticket	12:30-1:45pm	Beginners Line Dancing Class w/ Athalie (Ballroom)
	1:45-3pm	Line Dancing w/ Athalie (Ballroom)
	2-3pm	Yoga w/ Brigitte @ LCP Family Recreation Center
	3-4pm	Tai Chi w/ Brigitte @ LCP Family Recreation Center
	8am	Walking @ Killeen Mall
	8-9am	<b>Exercise Equipment Orientation</b> w/ Lorrie (Exercise Rm)
	9-1pm	<b>AARP Tax Counseling for Srs.</b> (Meeting Rm) <i>See front page article</i>
MON. MAR. 31 Taco Soup & Cornbread	9am	Domino (Card Room)
	9-10am	Circuit Training (Ballroom)
	10-10:30am	Zumba w/ Lorrie (Ballroom)
	10-11:30am	<b>International Dominoes</b> (Card Rm) <i>New Activity!</i>
	10:30-11:30am	<b>Bell Co. Master Gardeners</b> on <u>Vegetable Gardening</u> (Craft Rm2)
	10:30-11:30am	Learn to Read Music & Play Electronic Midi Keyboard (Craft Rm 2)
	12:15pm	Spades (Card Rm)
MON. MAR. 31 Taco Soup & Cornbread	12:15pm	<b>9-Ball Pool Tournament</b> (Billiards Rm)
	1-3pm	Line Dance Workshop w/ Paul (Craft Rm 2)
	1-3pm	<b>BINGO FOR GROCERIES</b> —(Ballroom)
	9-11am	Computer Class w/ Roy (Library)
	9-11:30am	Intermediate Line Dancing w/ Lori (Ballroom)
	9:30-11:30am	Art Class w/ Ken (Craft Rm 2)
	12-1pm	<b>SELF DEFENSE FOR SENIORS</b> w/ Zachary Clements <i>See article</i>
MON. MAR. 31 Taco Soup & Cornbread	12pm	<b>Canasta Tournament</b> (Card Rm)
	12pm	MECCA- Ol' Time Music (Meeting Rm)
	12:30pm	Busy Bees Scrapbooking & Cardmaking Class w/ Debbie (Craft Rm 1)
	12:30pm	Texas Hold 'Em (Craft Rm 2)
	2-2:30pm	Clogging w/ Jean (Meeting Rm)
	2-2:30pm	Clogging w/ Jean (Meeting Rm)
	2-2:30pm	Clogging w/ Jean (Meeting Rm)

## ***LCPSC's Monthly Breakfast!***



**Monday—March 10 8-9:30a.m.**

Start your day off right with a delicious breakfast! K.A. Captain, Roger Crager, as his assistants, will cook up a hearty breakfast for the members to enjoy at the Lions Club Park Senior Center's every 2nd Monday of the month from 8-9a.m. A wonderful breakfast awaits you and your spouse at a wonderful bargain price—only \$1 per person! Be sure and mark your calendars for every 2nd Monday at the Lions Club Park Senior Center (as well as every 2nd Tuesday at the Bob Gilmore Center) for the senior centers' monthly breakfasts.

## ***The State of Water- ing a Balance*** with

***Find-  
Richard***

McCarthy Friday, March 21 2-3p.m. Master Naturalist, Richard McCarthy continues the sessions on water. The presentation on Friday, March 21 from 2-3p.m., will explore how the demand for water will grow dramatically in years to come, and weight the impact that growth will have on the state. Become aware of the complex demands being made on the aquifers, rivers and bays. The presentation will be at the Lions Club Park Senior Center. Get in on this informative, free session. Adult guests welcome.

## **AARP SMART DRIVER COURSE**

**Monday, March 10 9:30a.m.-2p.m.**

Instructor, Ken Murray is teaching an AARP Smart Driver Course at the Lions Club Park Senior Center. This course, formally known as the Driver Safety Course, is designed for an insurance discount credit and not for ticket removal. Cost per person is \$15 for an AARP member or \$20 for non-AARP member. Please call the center at 501-6399 to register. Money is due the day of class. Please Note: Participants wanting to eat lunch at the center the day of the class, will need to call the center by noon on Friday, March 7th and make a lunch reservation. Lunch is a separate \$2 charge.

## **Self-Defense Class for Seniors with Zachary Clements 12-1p.m.**

**Monday, March 24-April 14**

Zachary Clements, a Level 4 Combative Training Instructor, will be teaching a free Self-Defense Class designed for seniors at the Lions Club Park Senior Center on Mondays from 12-1p.m. Mr. Clements holds the highest level in combative training and will teach members how to protect themselves using certain items and applying certain techniques. Participants are asked to wear exercise attire and tennis shoes. Be sure, be prepared....check this class out— Sign up at the registration desk.

## **Introduction to Medicare** with **Cathy Shibley**, Area Agency on Aging Benefits Counselor

**9-11am Friday, March 21— Guests of members welcome**

- OVERVIEW OF MEDICARE **No Charge to attend**
- REVIEW OF STATE & FEDERAL BENEFITS
- WHAT MEDICARE PART B & D PAYS FOR
- INFORMATION AVAILABLE TO SEE IF QUALIFY FOR HELP WITH PRESCRIPTION DRUGS- QUESTION & ANSWER SESSION & MORE!

## **BINGO FOR GROCERIES**

**Friday, March 28 1-3p.m.**

We sincerely thank the following business friends for their support of March's monthly Bingo for Groceries event:

SCOTT & WHITE SENIOR CARE

AMERICAN HEARING CENTER

TRINITY HOME HEALTH

GUARDIAN HEALTH CARE



Our sincere appreciation to the Bingo for Groceries volunteers who contribute their time to make this event run so smoothly: Margaret Miller, Georgia Lane, Marvin Witherell, Jimmie Lilley and Miguel Vasquez.

## **March's Dining with Friends at the ACROPOLIS RESTAURANT**

March's Dining with Friends group will be meeting at the Acropolis Restaurant on Wednesday, March 26 at 5p.m. The restaurant is located at 360 W. Central Texas Expressway in Harker Heights between Sam's and Wal-Mart on the south side of Central Texas Expressway and features authentic Greek cuisine. Edible Arrangements is located in the same group of shops. This is a new restaurant owned and operated by Frank Beqiri who has been in the restaurant business for 24 years and who owned and operated Little Italy in Killeen for 15 years. Participants are asked to bring enough \$\$\$ for their meal, drink, tax and gratuity. Entrees range from \$8.99-\$17.99. This adventurous evening outing plans to be loads of fun. All members and their adult guests are welcome to attend. Please call the center at 501-6399 by noon on March 25th to let us know you will be coming. This way, we can give the restaurant a "heads-up" on how many to expect the next day. Hope you can join us!

## **Jerry Lewis & Bob Gordon, Bell County Master Gardeners on VEGETABLE GARDENING FRIDAY, MARCH 28 10:30a.m.**

Lions Club Park Senior Center

Guests of members welcome! No charge



## **LORRIE's CIRCUIT & STRENGTH TRAINING**

**STEPS \* WEIGHTS \* BANDS \* MAT EXERCISES**

**WEDNESDAYS 10-11am & FRIDAY 9-10am**

Note: LORRIE does the EXERCISE EQUIPMENT ORIENTATION CLASS 8-9a.m. FRIDAYS—which is one hour prior to her Circuit & Strength Training (Friday) Class. Please meet in foyer of the Lions Club Park Senior Center at 8a.m. on Fridays if you need to take this (one time) class to get your green membership card. It is the center's green card that you must have in order to be in the exercise room. The card tells staff that you have been through the exercise equipment training and that your Release of Liability form is on file in the office. Proper machine adjustments and training for your particular body style is for your personal protection. Please feel free to ask Lorrie questions pertaining to the equipment.

**Wear a bit o' the green and come to the  
St. Patrick's Day Celebration on**

**Friday, March 15 from 10-11:30-11:30 (Ballroom)**



**POTTERY** with Larry Matthews

**THURSDAY, MARCH 6 & 20**

